

Natural Healing Express Weekly

Column 349 Healthy Comfort Food

As we are getting ready to open up the “prep meal” and healthy to go meal portion of our business, I thought it would be enlightening to share two of our “comfort” food recipes, so you all get a “taste”, no pun intended, of what will be available soon for you and your families.

Cauliflower Mashed “Potatoes”

Ingredients = 1 head of cauliflower, cut into florets, $\frac{3}{4}$ cup of chicken broth or Silver Fox Bone Broth, 1 Tbsp. cornstarch, 4 oz. cream cheese (fat-free if desired), 2 tbsp. grated Parmesan or Romano cheese, $\frac{1}{2}$ tsp. garlic powder, $\frac{1}{4}$ tsp. onion powder, $\frac{1}{4}$ tsp. paprika, Sea Salt and Pepper.

This is a nutrient dense and low carb dish. Steam the cauliflower over boiling water until tender. Drain off any excess water. Puree in food processor with $\frac{1}{2}$ cup of bone broth. Place in a medium saucepan.

In a cup, dissolve cornstarch in the remaining $\frac{1}{4}$ cup of bone broth, add mixture to the saucepan, and stir. Add in cream cheese, parmesan, garlic, onion and paprika. Cook over medium heat and continue stirring. The puree should begin to thicken in approximately two minutes. Remove from heat and serve.

This makes four servings at approximately 72 calories per serving versus regarding mashed potatoes at 300 calories per serving.

Here is a favorite for the kids. It’s a smart sandwich alternative filled with plant based protein and healthy fat. It is filled with fiber and antioxidants without added sugar!

Peanut Butter and Fruit

Ingredients – 2 tbsps. natural peanut butter, 2 slices whole grain bread $\frac{1}{2}$ cup sliced seasonal fruit.

Spread the peanut butter on 1 slice of bread; add the fruit on top, followed by a second slice of bread.

Kids love it when you slice it into triangles for easy handling. This sandwich is 300 calories versus 425-450 calories in a normal PB and J.

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be!

Come try some healthy gourmet food – delicious and fast! Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732 or 317 409 1500 email: skscham@aol.com Address -204 W Main St, Lena, IL 61048. Website: www.naturalhealingexpress.com Facebook: Natural Healing Express